

# Elaines Green-Mash Potatoes

**Makes:** 8 Servings

"Since my family has an Irish ancestry, we first made this Green-Mash Potatoes Recipe for St. Patrick's Day. However, everyone loved it so much that it's now part of our Thansksgiving Feast. Green peas add a mild, sweet flavor while garlic adds some zip. And, kids think the chartreuse-green color is fun!" - Elaine, MyPlate Nutritionist.

## Ingredients

- 7 potatoes (medium size, about 1 cup each)
- 1 **cup** skim milk (divided)
- 2 garlic cloves (peeled)
- 1 **cup** frozen peas
- 2 **tablespoons** soft (tub) margarine
- 1 **teaspoon** white pepper ((optional))
- 1/4 **teaspoon** Kosher salt

## Directions

1. Simmer peeled, diced potatoes for about 10 minutes until soft when pierced with a fork.
2. Cook 1 cup peas in microwave for about 3 minutes; drain and reserve.
3. Heat milk until hot. Add garlic cloves to milk and let stand for 5 minutes.
4. Puree peas, ¼ cup milk, and garlic cloves using a blender.
5. Drain potatoes and begin to mash.



## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>176</b>	
Total Fat	3 g	
Protein	5 g	
Carbohydrates	34 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	131 mg	

## MyPlate Food Groups

Vegetables	1 cup
Dairy	1/4 cup

6. Slowly add  $\frac{3}{4}$  cup milk while mashing.
7. Blend in the pureed peas and garlic, margarine, and white pepper (optional) to the mashed potatoes.
8. Place mashed potatoes in a serving dish and keep warm.
9. Just before serving, lightly sprinkle Kosher salt on top of potatoes.